# Marine Corps District
# 2005
# Executive Officers

# Quality Of Life
## *What is it?*

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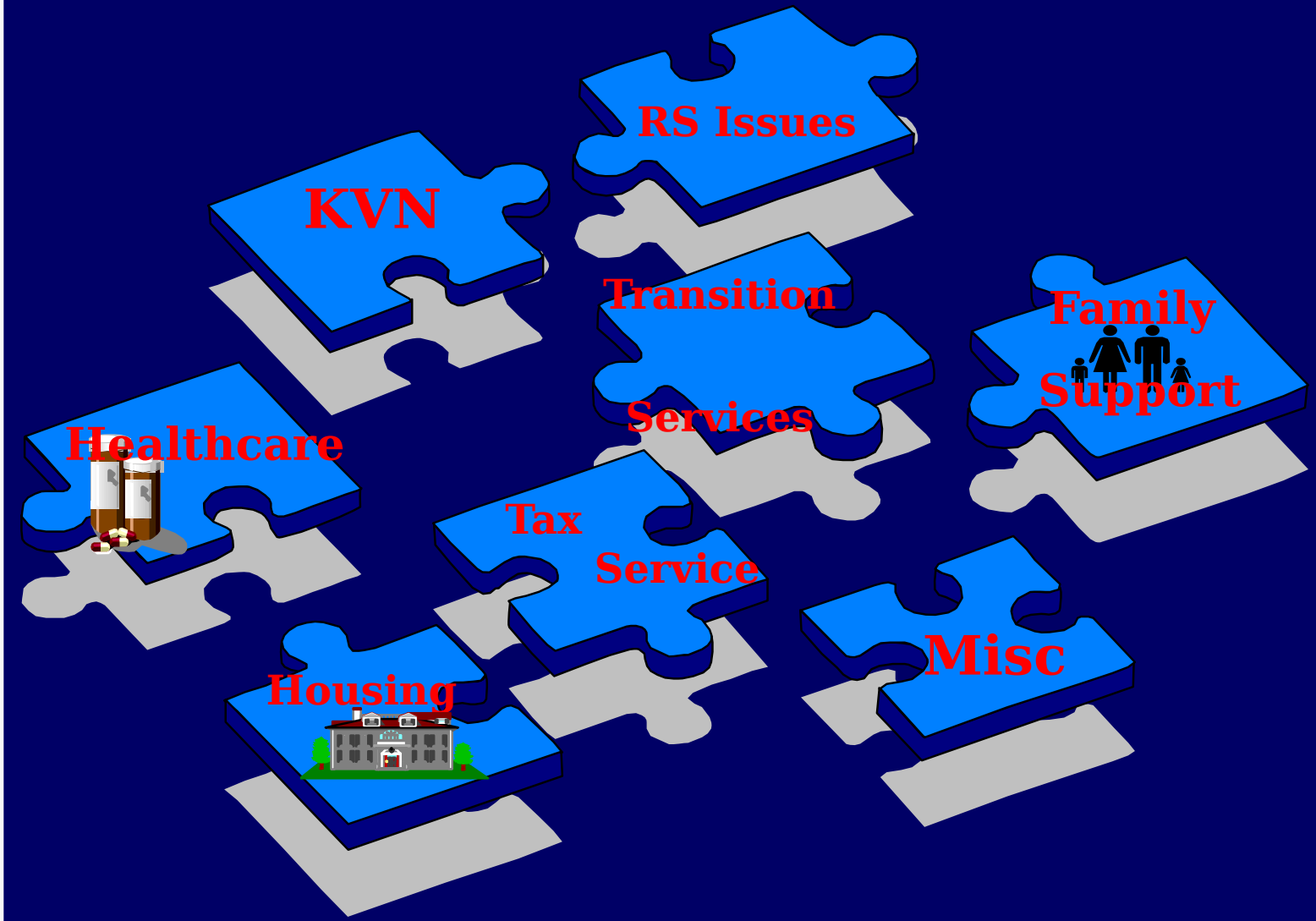


# MISSION

- Recruiting
- Your Marines
- Their Families

*Now that you have accepted the mission your at the cutting edge*

# TOOLS REQURIED

*Successful leaders use their*

- Experience
- Training
- Resources

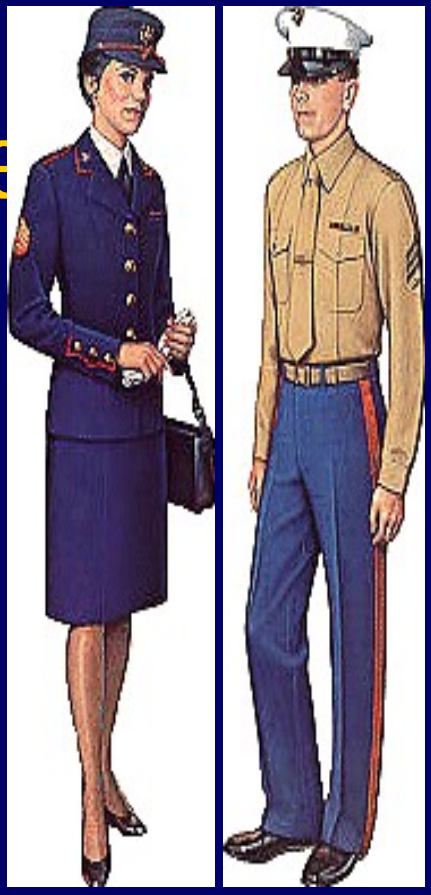
*To improvise, adapt & overcome*

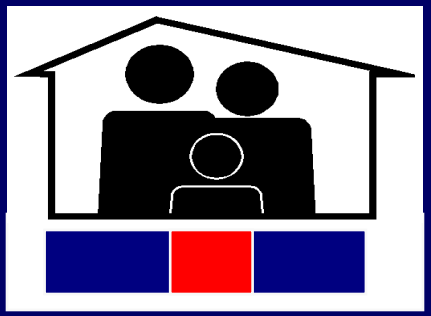
# RESOURCES

- Local DoD Installation
- Internet
- Chaplain
- Corpsman
- QoLC

# Supporting Marines & Familie

- Family Readiness
- Key Volunteer Network
- Disasters
- Finance
- Healthcare
- Family Advocacy
- Chaplain’s Programs
- Miscellaneous Issues
  - Emergency Assistance
  - Armed Forces Vacation Club
  - MCCS One Source
  - Legal Issues





# Family Readiness – What is it?

- Webster's definition is:
  - Prompt willingness
  - Fairly quick efficiency
  - Ease, facility
  - *STATE OF PREPARATION*
- Family Readiness is being prepared in:
  - Personal affairs
    - DEERS, Healthcare, Will, POA, Insurance
  - Family matters
    - Disaster plan, Healthcare, Finances, Housing
  - Knowing available community assistance

# Family Readiness – Is It Necessary?

Answer: **YES**

**Why** - Because Healthy Marine Families

(physical, mental, emotional)

- Reduce time ALL command levels spend on:
  - Counseling sessions
  - Disciplinary actions
  - Corrective measures
- Allows command & Marine focus on MISSION
- Marines are mission ready & RS performance is enhanced

# Key Volunteer Network

www.usmc-mccs.org/kvn/index.cfm

KEY VOLUNTEER NETWORK

www.usmc-mccs.org/links/index.cfm

# KVN
# What People Think!

- Myth – It's a gossip group

Fact – Bound by Gratuitous Service Agreement

- Myth – Nothing more than wives social group

Fact – Family members helping family members

- Myth – It's just a deployment thing

Fact – For all family members separated from Ma

- Myth – It's just for Enlisted/Officers wives not fo

Fact – For all spouses - not rank related

- Sad Fact - Marine doesn't want spouse  involve

Need understanding of network & it's mission

# What is the Volunteer's Role?

- Direct contact link with families assigned to Recruiting Duty
- Participate in call/internet tree to disseminate command info
- Offer morale support & assistance
- Matches resources to family needs
- Welcome & assist incoming families

# How is KVN Different?

- KVN became formal USMC program in 1993
- It is Key Volunteer's Duty & obligation keep each call & personal matter in strictest confidence, with limits set by applicable laws & regulations
- Confidentiality IS Critical to the Integrity of the Network

# Key Volunteer Network *Confidentiality*

CO must be told anything which may affect RS readiness, to include but is not limited to:

- Cases of Spouse or Child abuse
- Circumstances potentially embarrassing to RS
- Expectation of media regarding family issue
- Serious crime (Spouse or Child Abuse, suicide)
- Any case Coordinator believes CO should be made aware of

# Disaster...
# What Will You Do?

Insurance, important papers????

Are you ready for anything?

## Tornado Season

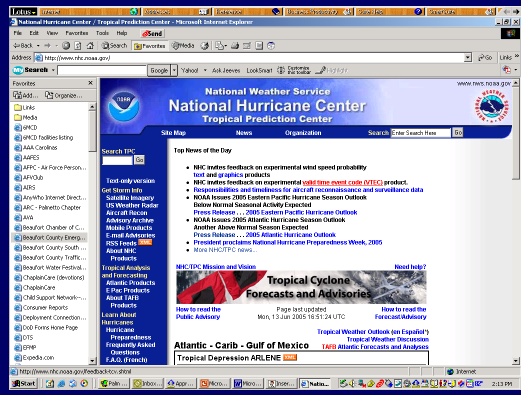
- Where to go
- Supply Kit

## Hurricane Season

- Evac Kit
- Evac Route
- What to do upon return!

## Resources

- www.redcross.org
- www.nhc.noaa.gov


National Weather Service
National Hurricane Center
Tropical Prediction Center
Tropical Cyclone Forecasts and Advisories
Atlantic - Carib - Gulf of Mexico

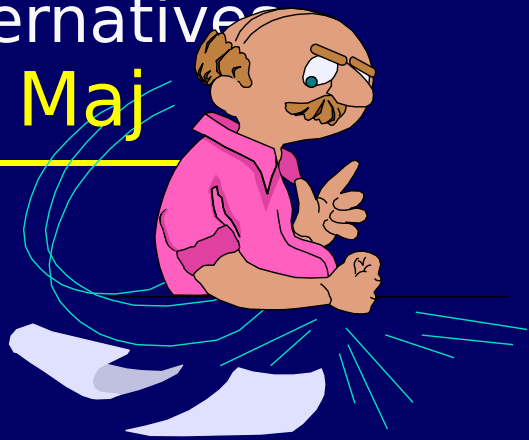
# What Do Your Finances Look Like?

AnnualCreditReport.com
Get Your Free Annual Credit Report Online
It's QUICK, EASY AND SECURE.
If you are eligible for a free credit report through this site, you will be able to view it and print it after we confirm your identity.
START HERE
Find out when Free Annual Credit Reports are available in your state through this website.
Select Your State
Go
What is the Purpose of This Site?
This central site allows you to request a free credit file disclosure, commonly called a credit report, once every 12 months from each of the nationwide consumer credit reporting companies: Equifax, Experian and TransUnion.
You can also request your report by phone or mail. Monitoring and periodically reviewing your credit report is an effective tool in fighting identity theft.
This site is sponsored by:
experian
EQUIFAX
When are Free Annual Credit Reports available in my State?
Eligibility for an annual free credit report is determined by your state of residence based on the rollout schedule set by federal law. Look below to see when a free credit report becomes available in your state through this website.
Western States
Alaska
Arizona
California
Colorado
Hawaii
Idaho
Montana
New Mexico
Nevada
Oregon
Utah
Washington
Wyoming
Western States December 1, 2004
Midwest States March 1, 2005
Southern States June 1, 2005
Eastern States & all September 1, 2005

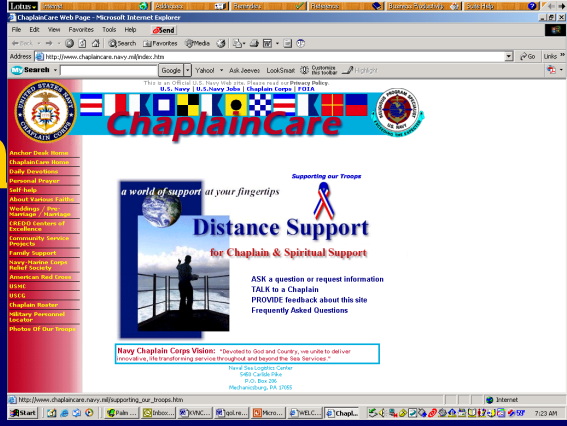
- Credit Report (CR)
  - One Free CR from each Agency
    - 1 Jun Region South
    - 1 Sep Region North – Charlotte
  - Order on-line, phone & mail
    - On-line: www.annualcreditreport.com
    - Phone: 877.322.8228
    - Mail: Annual Credit Report Request Service
      PO Box 105281
      Atlanta GA 30348-5281
  - Order Big Three CRA
    - Equifax 800.685.1111 PO Box 740241 Atl GA 30374 0241
    - Experian 888.397.3742 PO Box 2002 Allen TX 75013
    - Trans Union 800.888.4213 PO Box 1000 Chester PA 1902

# Family Advocacy Program

- Mission
  - Promote prevention of family violence
  - Intervention
    - Protect & assist victims – **very important**
    - Hold offenders accountable
  - Support programs & services to help offenders stop & learn alternatives
- Report incidents to RSS Sgt Maj



# Chaplain Program


ChaplainCare
a world of support at your fingertips
Distance Support
for Chaplain & Spiritual Support
ASK a question or request information
TALK to a Chaplain
PROVIDE feedback about this site
Frequently Asked Questions
Navy Chaplain Corps Vision:

**MCRC, Chaplain LCdr Hinson, 703.784.9067/8**

**6th MCD, vacant**

- Prevention & Relationship Enhancement Program (PREP)
  - Training available at your RS
- Chaplains Religious Enrichment Development Operation (CREDO)
- Naval Reserve Chaplains
  - Counseling (couple, marital, teen)
  - Training (stress management, leadership)

NORTH CAROLINA • SOUTH CAROLINA • MISSISSIPPI
TENNESSEE • ALABAMA • FLORIDA • GEORGIA
SIXTH MARINE CORPS DISTRICT
PACESETTERS

U.S. DEPARTMENT OF DEFENSE
MILITARY HEALTH SYSTEM

TRICARE: Your Military Health Plan

TRICARE

# Regional TRICARE Coverage

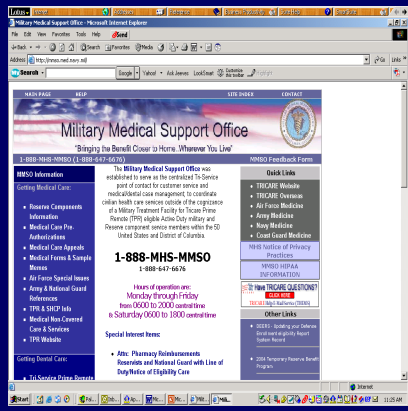
**Puerto Rico/Virgin Islands**
**888.77.8343**

| | | |
|---|---|---|
| TRICARE | 888.363.2273 | www.tricare.osd.mil |
| TRICARE Prime Remote | 888.363.2273 | www.tricare.osd.mil/remote |
| TRICARE Dental Plan | 800.866.8499 | www.ucci.com |
| Eligibility (DEERS) | 800.538.9552 | www.tricare.osd.mil/deers |
| Mail-Order Pharmacy | 866.363.8667 | |

# Healthcare

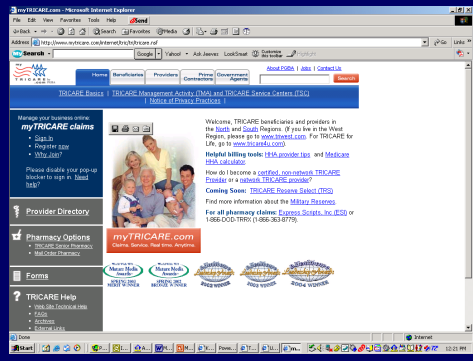
## *TRICARE Prime Remote for Active Duty*

- Criteria
  - Must be enrolled in DEERS
  - Live & work outside 50 miles from MTF
  - Select own PCM
    - www.tricare.osd.mil/providerdirectory
    - Regional TRICARE toll free telephone number
  - Emergency must report w/in 24 hrs
- Dental instructions & forms
  - http://mmso.med.navy.mil/
- Payment of Claims
  - Check www.mytricare.com
- Collection Agencies
  - Problems report to Admin Chief (Med Rep)



# Healthcare
# *Family Member Plan*

- Must be enrolled in DEERS
  - Prime, Extra, Standard
  - **www.tricare.osd.mil**
- Pharmacy
  - TRICARE Mail Order Program
  - Medical Treatment Facility
  - TRICARE Pharmacy
- United Concordia Dental
  - **www.ucci.com**
- Check TRICARE Claims
  - **www.mytricare.com**
- **TRICARE Prime for AD Family Members**

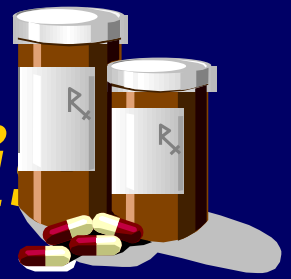


# Healthcare

## *TRICARE Prime Remote for Active Duty Family Members*

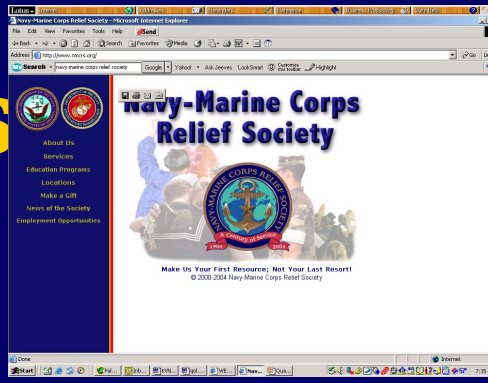
- Criteria
  - Must be enrolled in DEERS
  - Must live with Marine enrolled on TPR
  - Select own PCM
    - www.tricare.osd.mil/providerdirectory
    - Regional TRICARE toll free telephone numbe
- Dental – no change
- Benefit –
  - No Network Doctors in the area then can see civilian Doctor

# Healthcare
# *Health Benefits Advi*



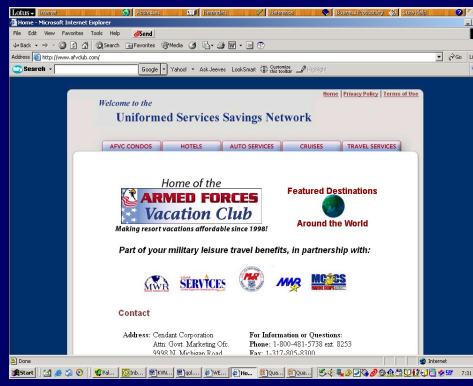
- Work with RS Medical Rep (Admin Chief)
  - Determine best resources
    - Advocate Active Duty Marines' healthcare (HM1 Cathy, AOP Medical Rep)
    - Advocate Family Healthcare issues (Craig Sproul, QoLC)
    - TRICARE Service Center
    - Military Medical Support Office
  - Resolve bills before they tax Marine

# Miscellaneous Iss




- **Emergency Assistance**
  - Navy-Marine Corps Relief Society (NMCRS)
    - www.nmcrs.org
  - American Red Cross (ARC)
    - www.redcross.org
    - (Armed Forces Emergency Communication Servi

- **Armed Forces Vacation Club**
  - Space A Program
    - $264.00 for 7-night resort stay
  - Non Space A Program
    - High Demand / Peak resorts
    - Higher cost – depends on resort
  - $24 goes to USMC
  - RCI 1.800.724.9988 www.afvclub.com



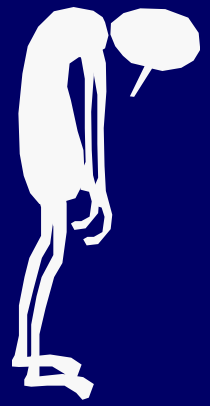
# Miscellaneous Iss

- **MCCS One Source**
  - Info & Referral, Situational Assist
  - 24x7x365 telephonic & Internet
  - Consultant - MSW or comparably degreed w/ hot transfer
  - Confidentiality statement - Referred direct to cmd - abuse, etc.
  - Counseling now available -Six sessions per topic per individual
  - 800.433.6868 www.mccsonesource.c
    User ID: marines Password: semper
- **Legal** – Call local base or MCRD PI SJA
  - Com 843.228.3007
  - Wills, PoA, legal advice
  - http://sja.hqmc.usmc.mil/jal

# Questions?

# Answers!

# Summary



- Recruiting is very demanding duty
- Meet challenge of Independent duty
- As leaders “We take care of our own”
- Assistance is available ***call*** QoLC

Here as a bullet in bandoleer not a rock in your pack.

***"Never think you've seen the last of anything."***

***Eudora Welty***